



As we wrap up 2021, we want to share our gratitude for all of the members of the Alliance. The individual skill sets that you bring to the table combined with your passion and vision to make our communities the best possible cannot be adequately recognized with a mere “thank you”. All your work, individually and collectively, as the Alliance coalition is working towards an Eau Claire County that prevents and responds to substance misuse. While the pandemic has posed many challenges, members of the Alliance continue to show up and push forward this important work. Thank you for everything you do! We wish you a happy holiday season and look forward to seeing you in the new year!

Bruce King & Lorraine Smith, Co-Chairs

Quick Action Items!

The following are things that you can do to **get involved ASAP**:

- **Coalition Membership Agreement**
 - We want to make sure we are capturing the correct information for our members. Please fill out this brief form (linked above in the title), acknowledging our partnership and providing your correct contact information. There is optional demographic information that you may choose to complete on the third page. Please reach out to **Alison Harder** with any questions.
- Attend the Commercial Tobacco Workgroup meeting on December 16th @ 1PM. Reach out to **Emily Carlson** for the link if you are interested in attending.
 - Time needed for meeting: 1 hour
- Visit the Alliance Social Media, and like or share a post.
 - Time needed: 5 minutes



Alliance Member Spotlight: sharing the good work

The Community Table

What does the Community Table do?

Since 1993, The Community Table (TCT) has served balanced, nutritious meals in a safe, welcoming environment and connects those in need with other existing resources. We do this by engaging diverse volunteers, enlightening the public to issues of hunger in our community, and supporting efforts of community agencies to increase the self-reliance of individuals and families.



How does Alliance membership align with your agency's mission or goals?

The Community Table feels it's important to be a member of the Alliance to bring the voice of our guests to the table with other community partners when discussing substance misuse issues.



How can others support the work of the Community Table?

Loyal volunteers and staff keep things running smoothly, but donors are just as important. To help support your community members, please visit [**www.TheCommunityTable.org/help**](http://www.TheCommunityTable.org/help) to donate or volunteer.

Post Highlight



If you plan on partying this holiday season, plan on getting a sober ride. Even if it's in a one-horse open sleigh! ❏❏❏

Keep an eye out for this post on our social media and like/comment/share!



Updates

National Prescription Drug Take-Back Day Results

On October 23, 2021, Wisconsinites were #1 in the nation with 57,377 POUNDS of medicine safely disposed of at collection sites! There was a total of 261 law enforcement agencies that participated in 300 collection sites around the state (also #1 in the nation) including our own Eau Claire County Sheriff's Office and Altoona Police Department. Thank you to Marshfield Medical Center – Eau Claire for providing a drive through drop off site!



New Video Alert

Vicodin, Heroin, and Fentanyl are all opioids?

Misuse of prescription drugs and use of illegal drugs (marijuana, heroin, methamphetamine, and others) has been identified as the number one health priority in Eau Claire County. Did you know opioids can range from prescription medication to illegal drugs? Some people think opioids are only illegal drugs like heroin. It's important to know that prescription opioid medicine can be as addictive as heroin. However, sometimes the best choice for pain is to take a prescription opioid. Talk to your doctor.

Alliance YouTube link: <https://youtu.be/l0k4OrrRBlw>



Be prepared. Know the signs of an opioid overdose.

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Article to the Volume One story on these videos:

<https://volumeone.org/articles/2021/11/10/285654-do-you-know-the-signs-of-an-opioid-drug-overdose>

What Do You Know About Opioids

We are currently working on final edits based on feedback collected from community members and Alliance partners. Please contact **Sarah Dillivan-Pospisil** if you are interested in learning more about the workshop. We are looking for individuals who want to be trained to spread the message about this important topic by learning how to facilitate the workshop and agencies who might be interested in attending.



Students Against Destructive Decisions/Students Advocating For Excellence Meetings

Kate and Amanda met with 10 Fall Creek students and 24 Regis students in October. They covered topics like what the Alliance is, how to be an advocate, how to create activism and also got student input on SADD/SAFE.

Retailer Training

On October 28th, there were 14 retailers that attended the training. Retailer training covers how to check IDs for both tobacco and alcohol sale.

Newsletter Schedule

Moving forward, we will be sending a newsletter every other month. Look for the next issue coming in February!

Health Equity: What is Implicit or Unconscious Bias?

Unconscious bias or implicit association: The attitudes or stereotypes that affect our understanding, actions, and decisions unconsciously. They are activated involuntarily, without conscious awareness or intentional control. They can be either positive or negative, and everyone is susceptible.

Watch this short video to understand the basics:

<https://www.pbs.org/video/pov-implicit-bias-peanut-butter-jelly-and-racism/>

“Unconscious bias is something we all have because our biases have been shaped by our culture through stereotypes, and reinforced by structures and systems. Unconscious bias impacts how we interact with others, especially when we don’t have the time to recognize our actions are based on our biases, for example when we’re rushed, or experienced heightened emotions. There are ways we can recognize our unconscious bias so we can change the impact it has on our behavior, but we can’t erase bias entirely. Unfortunately, our unconscious bias can create situations in which we treat people differently due to our negative beliefs or stigmas about them.” The 3Rs

Learn “How to Outsmart Your Unconscious Bias”:

<https://www.youtube.com/watch?v=GP-cqFLS8Q4>



United Way Challenge

- Join the **United Way 21 Week Equity Challenge**. The 21 Week Equity Challenge is an opportunity to develop a deeper understanding of how inequity and racism affect our lives and communities. Sign up here [21 Week Equity Challenge \(unitedwaywi.org\)](https://www.unitedwaywi.org/21-week-equity-challenge)

Commercial Tobacco Workgroup Update

Attend the Commercial Tobacco Workgroup meeting Thursday, December 16th @ 1pm. Reach out to [Emily Carlson](#) for the link if you are interested in attending.

Resources

[Ways to prevent underage drinking during the holidays](#)

Have age-appropriate conversations about alcohol.

Kids may have more exposure to alcohol during the holiday season. Research shows that parents and other caring adults are the most powerful influence on a young person's choices about underage drinking. **Tips for having age-appropriate conversations about alcohol.**

Prepare kids for situations with alcohol.

Kids who have tools to handle peer pressure are more likely to make healthy choices and stay alcohol-free. For young people, finding ways to navigate social situations and stay alcohol-free takes practice and support. **Tips for helping kids when they're on their own.**

Limit opportunities for alcohol use.

For adults, holiday parties may include alcohol. If you're hosting an adult holiday party where alcohol is present, make sure you have other plans for kids or consider hosting an alcohol-free event. That's good for you, good for guests who may be in recovery from an alcohol use disorder, and kids. Should it be an event where all ages and alcohol are included, remember that kids are always watching and model good behavior. Adults should avoid binge drinking and driving after drinking. Pregnant people should not drink. **Tips for doing more than talking.**

Vaping, Chew and Smoking Prevention for Rural Teens

Rural teens are more likely to use tobacco products because of pro-tobacco policies and rural-target tobacco advertising.

Alcohol and Cannabis Use and the Developing Brain

Alcohol and cannabis are the most commonly used substances during adolescence and are typically initiated during this sensitive neurodevelopmental period. The aim of this review is to provide a comprehensive overview of the most recent literature focused on understanding how these substances affect the developing brain.

Teen Mental Health First Aid

Sponsored by the National Council for Mental Wellbeing, the Teen Mental Health First Aid training program teaches high school students about common mental health challenges, what they can do to support their own mental health, and how they can help a friend who is struggling.

Updated SBIRT Toolkit

Community Catalyst's updated toolkit on expanding school-based substance use services can help advocates and other stakeholders understand the new federal funding opportunities for both substance use and mental health as well as advocacy strategies and effective models.

Trainings/Funding Opportunities

Youth Mental Health First Aid

December 3 & 17

Understanding and Addressing Social Determinants of Health in Prevention

December 14

2022 Communities Talk to Prevent Underage Drinking Stipends

"Approximately every two years, SAMHSA distributes planning stipends to community-based organizations, institutions of higher education, and statewide or state-based organizations to host activities and events to help communities become informed, prepared, and ultimately take action against underage drinking and other substance misuse." \$750 stipends will be available on a first come first serve basis. To register, email info@stopalcoholabuse.net, and say "I'd like to request a \$750 planning stipend to participate in Communities Talk. Please send me a unique URL to begin my registration."

Next Alliance Meeting

January 18th, 2022 from 8:00 am - 9:00 am

[Click to Join the Meeting](#)

Meeting number (access code):

2596 872 0005

Tap to join from a mobile device

(attendees only):

+1-415-655-0001,,25968720005## US Toll

Meeting password:

EEgNP7XXa69

Join by phone:

+1-415-655-0001 US Toll

Global call-in numbers

About the Alliance For Substance Misuse Prevention

Mission:

To Improve the lives of Children, youth, and adults by mobilizing communities to prevent and treat alcohol, tobacco, and other drug misuse in Eau Claire County.

Vision:

A community culture free from the misuse of alcohol, tobacco, and other drugs.

Who is the Alliance?



The Alliance for Substance Abuse Prevention (Alliance) is an Eau Claire County community-based coalition



What We Do:

- Brings community volunteers and partner organizations together
- Helps coordinate and support county-wide efforts to prevent substance misuse
- Works toward our common goal of substance misuse prevention and treatment in the Community



Contact Us

Alison Harder

Alliance Facilitator

[alison.harder@co.eau-](mailto:alison.harder@co.eau-claire.wi.us)

[claire.wi.us](mailto:alison.harder@co.eau-claire.wi.us)

715-492-3681

Emily Carlson

Community Health Educator

[emily.carlson@co.eau-](mailto:emily.carlson@co.eau-claire.wi.us)

[claire.wi.us](mailto:emily.carlson@co.eau-claire.wi.us)

715-491-0918

Lorraine Smith

Alliance Chair

smithlm@uwec.edu

Sarah Dillivan-Pospisil

Public Health Specialist

[sarah.dilivanpospisil@co.eau-](mailto:sarah.dilivanpospisil@co.eau-claire.wi.us)

[claire.wi.us](mailto:sarah.dilivanpospisil@co.eau-claire.wi.us)

715-492-1772

Amanda Davis

Alliance School Liaison

adavis@ecasd.us

Elizabeth Hagen

Evaluator

[elizabeth.hagen@co.eau-](mailto:elizabeth.hagen@co.eau-claire.wi.us)

[claire.wi.us](mailto:elizabeth.hagen@co.eau-claire.wi.us)

715-271-5567

Margaret Davies

Epidemiologist

[margaret.davies@co.eau-](mailto:margaret.davies@co.eau-claire.wi.us)

[claire.wi.us](mailto:margaret.davies@co.eau-claire.wi.us)

715-559-6980

Trish Chmelik

Program Assistant

[trish.chmelik@co.eau-](mailto:trish.chmelik@co.eau-claire.wi.us)

[claire.wi.us](mailto:trish.chmelik@co.eau-claire.wi.us)

715-559-7823

Bruce King

Alliance Chair

bruce@ranww.org

Kate Kensmoe

Community Health Educator

[kate.kensmoe@co.eau-](mailto:kate.kensmoe@co.eau-claire.wi.us)

[claire.wi.us](mailto:kate.kensmoe@co.eau-claire.wi.us)

715-559-6153

Peggy O'Halloran

Manager,

Community Health

Promotion Division

[peggy.ohalloran@co.eauclaire.](mailto:peggy.ohalloran@co.eauclaire.wi.us)

[wi.us](mailto:peggy.ohalloran@co.eauclaire.wi.us)

715-577-6153

Visit the Alliance Website

